

2016 Pre-Lifeguard Classes

Improve your Swimming Ability FREE Classes!

Pre-Lifeguard Classes are swim sessions to teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses

- Register at the pool.
- Ages 14 and older - Adults & Seniors are welcome.
- It is recommended you complete at least one Pre-Lifeguard Class prior to a Lifeguard Training course.
- Attend as many classes as you need to be ready to successfully complete the upcoming Lifeguard Course swimming entrance requirements!
- Start anytime!

Mt. Auburn Indoor Pool • 2034 Young Street • 45219

Jan. 4 - May 26

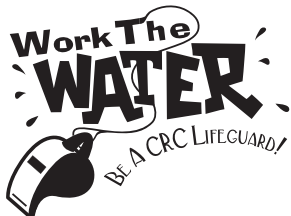
(no class Jan. 18 or Feb. 15)

Mon. 4:30-5:30pm	or	7:30-9:00pm
Tues.		7:45-9:00pm
Wed. 4:30-5:30pm	or	7:30-9:00pm
Thurs.		7:45-9:00pm

Lifeguard Courses start:

March 4, March 18, April 1, April 15, April 29, May 13, May 27, May 31, June 6, & July 5
(see reverse side for more information on Lifeguard Courses)

www.cincyrec.org/pools • Aquatics: 357-P00L (7665) • aquatics@cincinnati-oh.gov



Cincinnati Recreation Commission



American
Red Cross

FREE Lifeguard Training Courses

Get your 2016 summer job NOW!

Just show up and come prepared to swim! No pre-registration required!

- Work the Water with CRC and earn \$9.23 to \$10.71 per hour.
- Course is FREE for those who work full-time for CRC for the entire 2016 summer season!
- Course Fee is \$300 for non-CRC lifeguards.
- Participants must turn 15 by the end of the lifeguard course.
- Attendance at every class within the course is mandatory.
- It is recommended you complete at least one pre-lifeguard class prior to the lifeguard training course. [See Back](#) →

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	Dates:	Days of Week:	Times:
Course #1	Mar 4 - Mar 13	Fri. (Mar 4 & 11) Sat. (Mar 5 & 12) Sun. (Mar 6 & 13)	5:30pm-9:00pm 1:00pm-6:30pm 9:00am-5:00pm
Course #2	Mar 18- Mar 26	Fri. (Mar 18 & 25) Sat. (Mar 19 & 26) Sun. (Mar 20)	5:30pm-9:00pm 9:30am-6:30pm 9:30am-6:30pm
Course #3	Apr 1 - Apr 10	Fri. (Apr 1 & 8) Sat. (Apr 2 & 9) Sun. (Apr 3 & 10)	5:30pm-9:00pm 10:00am-6:00pm 10:00am-6:00pm
Course #4	Apr 15 - Apr 24	Fri. (Apr 15 & 22) Sat. (Apr 16 & 23) Sun. (Apr 17 & 24)	5:30pm-9:00pm 10:00am-6:00pm 10:00am-6:00pm
Course #5	Apr 29 - May 8	Fri. (Apr 29 & May 6) Sat. (Apr 30 & May 7) Sun. (May 1 & 8)	5:30pm-9:00pm 10:00am-6:00pm 10:00am-6:00pm
Course #6	May 13 - May 21	Fri. (May 13 & 20) Sat. (May 14 & 21) Sun. (May 15)	5:30pm-9:00pm 9:30am-6:30pm 9:30am-6:30pm
Course #7	May 27 - June 4	Fri. (May 27 & June 3) Sat. (May 28 & June 4) Sun. (May 29)	5:30pm-9:00pm 9:30am-6:30pm 9:30am-6:30pm
Course #11	Dec 2 - Dec 11	Fri. (Dec 2 & 9) Sat. (Dec 3 & 10) Sun. (Dec 4 & 11)	5:30pm-9:00pm 10:00am-6:00pm 10:00am-6:00pm

Course includes: American Red Cross Lifeguarding, CPR for the Professional Rescuer/AED, Bloodborne Pathogen, Administration of Emergency Oxygen and Waterpark Lifeguarding certifications.

or Ryan Pool • 3324 Meyer Place • 45211

Course #8	May 31 - June 4	Tues. through Sat.	9:00am-5:30pm
Course #9	June 6 - June 10	Mon. through Fri.	9:00am-5:30pm
Course #10	July 5 - July 9	Tues. through Sat.	9:00am-5:30pm

Course Entrance Requirements:

- 1.) 300 yard continuous swim, front crawl and/or breast stroke;
- 2.) Swim 20 yards, surface dive to 10 feet, retrieve a 10 pound brick, return to the surface & swim back to the starting point, keeping face at/near surface, holding the 10 pound brick with both hands;
- 3.) Tread water for 2 minutes using legs only.

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The City of Cincinnati and CRC are dedicated to providing equal employment without regard to race, gender, age, color, religion, disability status, marital status, sexual orientation, or transgendered status, or ethnic, national or Appalachian origin, or on the basis of any other category protected under federal, state and local laws. The City of Cincinnati and CRC are committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

